

Walking and Driving Directions to At One Day Spa

At One Day Spa is at 10 Great Western Arcade, off Colmore Row, Birmingham B2 5HU. The Arcade is opposite the entrance to Snow Hill Railway Station, not far from Birmingham Cathedral and the back of House of Fraser (formerly Rackhams).

Our entrance is about half way down the Arcade where the shops recess, opposite Sims shoe shop. Please note that if you are using Sat Nav, the postcode B3 2QD will take you to the Arcade entrance on Colmore Row.

Please remember that we are a city centre spa so leave plenty of time for your journey to allow for congestion and finding a parking space. Please allow extra time for completing a consultation form if it is your first visit.

Dropping off and Collecting:

There are loading bays on Colmore Row (outside Tesco and Halifax) which have a 20 minute limit on them, for dropping-off or collecting for the Spa. These are well used and can be difficult to get into at peak times. Do not park here for more than 20 minutes as the traffic wardens are very diligent.

Car Parking:

There is no allocated parking for the Spa but there is on-street parking in the area and the nearest public car park is Livery Street car park (signposted as parking for Snow Hill Station).

If you are going to be parking locally make sure you bring plenty of change with you. Parking on the street in the area is pay and display usually with a 2 hour waiting limit.

Our nearest car park is Livery Street Car Park (B3 2BJ) which is also pay and display. It is cheaper than the on-street parking and there is no strict time limit. At weekends there is a Shoppers Special which is £3 for 5 hours (Saturday) or all day (Sunday).

If you are coming for a treatment please get a parking ticket for longer than you think you will need. This will give you time to relax and wake up properly after your treatment before you have to get behind the wheel! There is nothing worse than having a blissful de-stressing therapy then having to run to the car because your ticket is about to expire.

Directions to Livery Street Car Park (Snow Hill Station):

From M6 (M1/M42) come off the M6 at junction 6 onto the A38M. Stay on the A38M which leads onto the A38 (signposted Bromsgrove and Convention Centre), travel over the Flyover, slow down and indicate left to leave the Queensway before you reach the tunnel. Move into the left hand lane of the dual carriageway (St Chad's Circus) onto Snow Hill Queensway and proceed straight over the island following the signs for Snow Hill parking. Turn 1st left into Livery Street and approximately halfway up the road on the left hand side you will see the signs for the Car Park. Turn left into the car park and drive up the ramp in the pay and display car park, which is located above Snow Hill Railway station. Once you have parked follow our walking directions above from Snow Hill Station.

Public Transport:

The nearest railway station is Snow Hill which is a minute or two walk away, but we are also within 10 minutes walk of New Street and Moor Street stations and about 15 minutes from Digbeth bus station. We are also very close to the bus stops outside House of Fraser and the Cathedral.

Walking directions from New Street Station (10-15 mins):

From New Street Station follow the walking signs for New Street. When you get onto New Street, take the road uphill (Corporation Street) until you reach House of Fraser, then turn left into Cherry Street. Walk to the top of Cherry Street to the junction with Temple Row where you will see the Cathedral directly in front of you and the TSB bank on your right. Turn right into Temple Row, keeping Lloyds TSB and the rear entrance of House of Fraser on your right hand side. Proceed along Temple Row to the entrance to Great Western Arcade on your left (with 16-18 Hairdresser and Druckers Patisserie at the entrance). Walk down Great Western Arcade – we are half way down on the right.

Walking Directions from Snow Hill Station (2-4 mins):

Leave the station from the main entrance into Colmore Row and head towards the pedestrian crossing. Cross the road and head towards Yorks Coffee Shop at the entrance of the Great Western Arcade. Walk into the Arcade – we are half way down on the left.

Please note that these directions are provided for guidance only. Please check your journey before leaving in case of congestion, road works, closures, etc. We accept no responsibility for errors or other issues that affect your journey leading to delays. We reserve the right to shorten your treatment and/or retain deposit if you are late for your appointment. Please see full terms and conditions on www.atonedayspa.co.uk.